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WEEKEND, JULY 22-24, 2016

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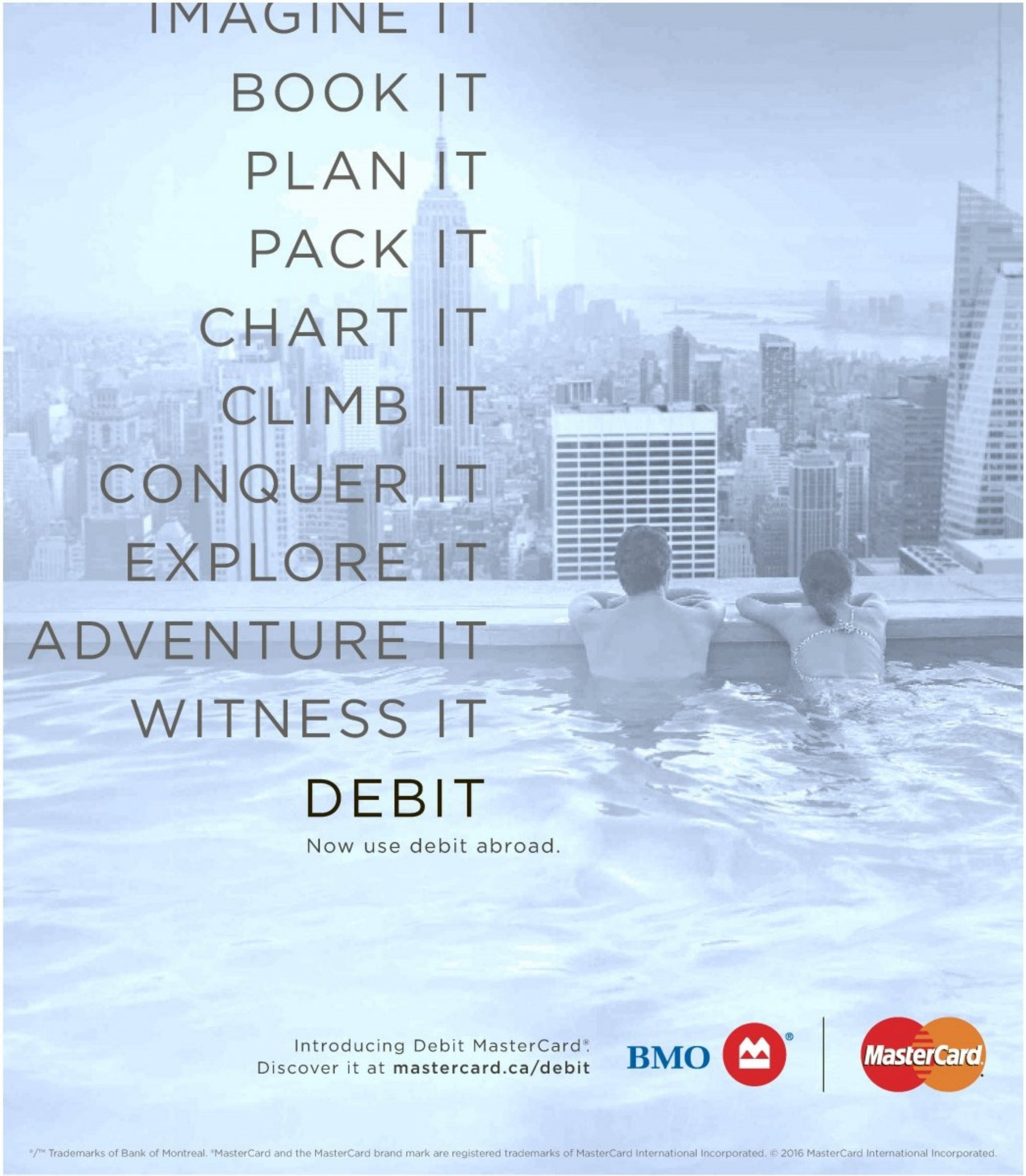

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Survive *four kinds* of apocalypse

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Ottawa metro

High 31°C/Lo

WEEKEND, JULY 22-24, 2016

TRUMP AT THE RNC

Words to heal, unite and galvanize... *NOT*

metroNEWS

metroSPORTS

Rosie MacLennan to lead Olympic team to Rio

Go, Canada

ADRIAN WYLD/THE CANADIAN PRESS

Ottawa student wins anti-bullying case

COURT

Family sets big precedent against OCDSB

Melissa Murray
Metroland Media

When Winston Karam got on the witness stand, his voice was finally heard.

"It was my first time in a courthouse, so I was nervous," he said of the 2014 experience.

"I still said what I could — my truth, my story. It was a huge weight off my chest."

Winston told the judge in small claims court about the bullying he endured at Broadview Public School during the 2011-12 academic year.

He told the judge of being stolen from, shoved around, being put in a chokehold, being called the N-word, A-hole, alongside other insults. On one occasion, when Winston fought back and swore at his peers, he was the only one punished.

It led to a precedent-setting case, filed against the public school board. After the initial small claims decision, an appeal and a retrial back in small claims court, a judge found the board was negligent and breached the duty of care owed to a student.

The May 24 judgement is the first reported case in North America where a school board has been found negligent in a bullying case. The Karams were awarded $3,000 by the court.

Winston and his mother, Vania, were seeking costs for home schooling, self-defence classes and counselling.

The bullying came to a head in April 2012. After being pinched on the back of the neck, Winston suffered an anxiety attack. The school did not call an ambulance.

"I had kept a lot inside and it got too much for me," Winston said of that day.

More coverage, page 4

— FREE REAL ESTATE EVENT —

FORTUNES IN FLIPPING

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As Seen On

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I've built a real estate empire on my own. Nobody gave it to me. I took the fantastic opportunities North America provides, and I went out and got what I wanted. Now I want to give back by helping average, ordinary people – just like myself – **get a big piece of the pie.**

Some people don't think it's possible. After all, in the last five years, average homeowners have lost more money in real estate than ever before. But that doesn't faze me one bit because... During that same time period ... savvy investors (like my students and I) have made **MORE MONEY** in real estate than in any other time in our history.

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Here are just a few of the hundreds of investors whose lives have been changed by investing with Nick Vertucci Companies.

DON & ESTER JENSEN

Closed Sales - 10 closed deals
(including partnerships and wholesale)
Profits from Sales & Wholesale $228,750
"We have also made around 20k just in referral fees for Hard Money referrals"
Pending Sales - 4 Deals
On Market - 3 Deals
Deals Under Rehab - 4 Deals
Projected Profits - $2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014

MELVA & LEON

1st Property made $37,328
2nd Property made $52,865
3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

metro NEWS

Your essential daily news

NBA pulls all-star game out of Charlotte over homophobic law. **Sports**

MEDICAL MARIJUANA

Pot advocates to protest, block traffic

Emma Jackson
Metro | Ottawa

If you're held up downtown, it could be due to a pot protest.

A medical marijuana advocacy group calling itself Patients Lives Matter says it will block traffic in Ottawa and hold other peaceful protests until the federal government listens to its demands.

The group called on allies to hold similar demonstrations across the country.

"The public won't know when, where, how many people will be involved or how long each demonstration will last," said Alex Newcombe, who spoke on Parliament Hill Thursday.

The group blocked traffic on Wellington Street in front of Parliament for about 20 minutes on July 11, hoping to be heard.

Newcombe said medical users like himself have been "left in a back alley" by the federal government, which has promised legalization by next spring.

Newcombe said the government's strictly regulated medical marijuana system has been "arduous, mean-spirited (and) incoherent" despite several court rulings in favour of better access.

Ming Saad, who joined Newcombe on Parliament Hill, said supporters must fight for their rights, even if it means inconveniencing drivers or getting negative feedback. "We don't have a choice anymore," Saad said. "Trudeau's not listening to us."

Newcombe reminded protesters not to break the law while demonstrating — but to still make their point. "Don't stand down," Newcombe said. "Stand up and fight."

BUDGET

Homicides take toll on police overtime costs

An "extraordinary level" of murders in the first half of 2016 is costing Ottawa police millions in overtime.

The force is on track to pay out $2 million extra in overtime this year, nearly doubling the budgeted amount of $3 million, according to a new financial report. The extra cash will come from surpluses elsewhere in the budget. Ottawa had eight homicides between January and June, more than all of 2015 combined. That put serious pressure on the homicide unit's 11 investigators.

"There's only so many detectives," said chief financial officer Jeff Letourneau.

It's the second consecutive year overtime costs have far outstripped the budget, and Letourneau said his office is "looking very closely" at the issue going into the 2017 budget. Police union president Matt Skof said it's hard to plan for unexpected homicide spikes, but more staff would give the force the flexibility to respond. The police plan to hire 75 new officers by 2018.

EMMA JACKSON/METRO

Fake press release too risky: Lawyer

MURDER CASE

Police union argues it was a tactic that led to convictions

Lucy Scholey
Metro | Ottawa

An Ottawa law professor is calling into question a fake police press release used to ensnare two ex-lovers convicted of murdering Jagtar Gill.

But the head of the local police union argues the news release was a clever detective trick — one of many that ultimately led to two convictions in Ontario Superior Court on Wednesday.

Bhupinderpal Gill was sentenced to life behind bars in the first-degree murder of his wife. His former mistress and fellow OC Transpo bus driver Gurpreet Ronald faces the same fate.

Following Jagtar Gill's violent death on Jan. 29, 2014, police found a blood-stained metal bar believed to be the murder weapon. They replaced the evidence with a replica bar and later observed Gill's husband tossing the fake evidence into the woods.

Months later, police issued a press release, asking the public for any information on a blood-stained bar found in a wooded area. They did not directly link it to the Gill case.

Jagtar Gill was murdered in her Barrhaven home on Jan. 29, 2014. CONTRIBUTED

> **This is genuine, proper, professional police work, not unique to Ottawa.**
> Matt Skoff, Ottawa Police Association president

Unbeknownst to the media, that evidence was fake. The press release was bait to observe Gill and Ronald's reaction.

While police trickery is not uncommon in investigations, the fake news release poses an ethical problem, says Blair Crew, a criminal defence lawyer who teaches law at the University of Ottawa.

"I don't think it would hit the stage of abusive process, but I do think that the police do risk going too far when they are trying to involve the media in deception," he says.

Crew was reacting to Randy Boswell's column, which appeared in the Ottawa Citizen on Thursday. The Carleton University professor argued that the police "communicated falsehoods, with unwitting journalists duped by such deception."

Matt Skof, president of the Ottawa Police Association, said the press release was not misleading, but strategic.

"This is genuine, proper, professional police work, not unique to Ottawa," he said.

Both Skof and Crew say the matter should not be brought before the Ottawa Police Services Board because its members do not oversee operational tactics.

The Ottawa police declined to comment on the column. In a statement, the police service said the Major Crime Unit does not discuss investigative techniques.

Beats, BBQ bring a community together

BACKSTAGE PASS

DJ Skratch Bastid is firing up the grill this Saturday

Trevor Greenway
Metro | Ottawa

Paul Murphy always got dessert after supper — even when he didn't finish his vegetables.

Not apple pie, nor ice cream, nor cherry cheesecake. But his mom always served up a big fat bowl of kitchen party soul.

The Canadian DJ legend better known behind the decks as Skratch Bastid, spent nearly every night after dinner, dancing with family members to steelpan and Soca music from 1950s Trinidad.

"We would always play Trini music and everyone would get together and dance and have a good time and that has totally permeated my stance on music bringing people together because it always has in my family," says Murphy.

"I try to extend that to my broader family outside of my bloodline."

It was those moments that drove him to eventually become one of the most talented turntablists on the planet — an artist whose canvas became teeming dancefloors blotted with florid souls willing to bend and twist within his woven audio mosaic. He's a humble Halifax boy who travels the globe, spinning up his soulful sway along the way — dancefloors just like the ones his mom used to cook up every night in the kitchen.

Now, he's bringing the kitchen with him and he's throwing one hell of a backyard barbecue on the thirty-yard line at TD Place this Saturday. Impelled by transforming a tour bus that morphs into a massive DJ stage and flanked by a bunch of his equally impressive DJ pals he's picked up from around North America, Bastid is throwing a dog-day jam for the ages and he's inviting entire families to come out and celebrate music, food and good old summer fun.

"The spirit of this event is bringing people together," says Murphy.

"Families can't come to clubs. This is an opportunity for people to see their favourite DJs in a different atmosphere. And it's an opportunity for DJs to play in a different environment."

And favourite DJs are a plenty on this afternoon BBQ bill, I assure you.

Every seat on the bus is taken up by talented selectors and producers including Toronto's Internet Daughter, Quebec's Adam Doubleyou, and iconic hip hop producer Just Blaze. The music will range from funk and soul to house and hip hop, with a few surprises in between.

"Ask yourself, 'What would you play at a summer family barbecue?'" adds Murphy.

But it's not just the big name headliners that are the focal point of the show. Bastid has curated a knockout roster of local DJs to warm up the grills Saturday with the likes of DJ Acro, Timekode's Memetic, DJ Magnificent, T-Dot & Paq, and DJ Mace ready to cook up some beats.

"I want to use my platform to help bring other people to a bigger stage so that they can have more fans and get more ears," he says. "In the long run, it just creates a better environment for music and DJs."

The grill fires up at 4 p.m. with beats going until 11 p.m. Tickets are $20 in advance and kids under 9 are free.

Grab your apron, it's Bastid BBQ season.

Skratch Bastid comes to TD Place this weekend with Just Blaze for his Bastid's BBQ. SEAN BERRIGAN PHOTOGRAPHY

SUMMER PROGRAMMING

Five things to do in Ottawa this weekend

Haley Ritchie
Metro | Ottawa

1 World Press Photo exhibition — The Canadian War Museum hosts the best photojournalism in the world starting this weekend until mid-August. The exhibition is free and includes 155 examples of press photos from around the world, including images of personal stories, sports, and conflict zones. The photos will be on display from July 22 to Aug. 17 during museum hours.

2 Capital Ukrainian Festival — Na zdorovia! Experience the art, food, drink, and music of Ukrainian culture this weekend at the Capital Ukrainian Festival. Head to 952 Green Valley Cres. from July 21 to 24 for all kinds of activities and fun. Most events take place from 11 a.m. to 10 p.m. this weekend, but a full schedule is available at capitalukrainianfestival.com.

3 Mountain Fest 2016 — All things mountain bike are taking place at Mont Ste-Marie this weekend, with three days of biking, racing, beer, food, music, and demos. A full weekend pass is $100 while passes for Saturday or Sunday are $60 each. Money raised goes to trail development. Camping (with washrooms and showers) is complimentary and there will be lots of fun for kids.

4 Canadian Stone Carving Festival — Watch the magic happen this weekend as stone is turned to art at the Canadian Stone Carving Festival at the Perth Ontario Fairgrounds on 50 Arthur St. The festival kicks off Friday at noon and runs from 8 a.m. onwards on Saturday and Sunday. Make the drive to enjoy watching carvers work with hand tools. Blue Rodeo takes the stage for a free concert at 8 p.m. on Saturday and finished sculptures will be auctioned off at 3 p.m. on Sunday.

5 Ottawa Lebanese Festival — Live it, love it, Lebanese style: that's the tagline for this summer festival, bringing you the sounds, tastes, and sights of the Middle East. There will be a midway, entertainment stages, food, drink and tours of the St. Elias Antiochian Orthodox Cathedral. Festival grounds at the St. Elias Cathedral are open from 11:00 a.m. to 11:00 p.m. on Saturday and Sunday. Entry is free.

MEGA MATH MOMENT

A day of mathematical and scientific exploration celebrating 25 years of achivement in the community. Join us for a master class, enrichment exhibitors, and student activities.This condensed display of information on some outreach programs offered in the community is put together by Bright Math Camp inc. , non-for-profit organisation, and SPONSORED LOCATION (SITE) by: School of Electrical Engineering and Computer Science, University of Ottawa

DATE: Sunday, July 24 2016 • 9:30am -15:30pm
LOCATION: 800 King Edward Ave BILINGUAL & FREE
REGISTRATION: www.ncf.ca/~au680/index.htm • 613-286-4347

- AM: Overview of 25 years celebration enrichment in our community
- Presentation of a master mathematics lesson by Colin Hayman in English
- Lunch time Pique-nique on Terrasse; Bring your own lunch
- PM: Exhibitors Hall and cafeteria displays:
  (A) Adults displays (elementary & high school) outreach enrichment programs offered to the youth since so many years; Special Education Associations; Outreach science –math-arts-programs from Universities, Network Foundation, Info. from Perimeter Institute; books on special education displays, other enrichment camps.
  (B) Student HANDS-ON Activities (some universities hands-on science and computer programs), chess, GO
  (C) Math-Art display; draws for participants.

SMALL CLAIMS COURT

School board reacts to ruling

Melissa Murray
Metroland Media

(Continued from page 1)

Winston had previously sought help from the principal on five or six occasions, and vice-principal and guidance counsellor two or three times to respond to the bullying.

"The school had plenty of policies on how to respond to bullying and Winston reached out for help after almost every incident, but they looked the other way and did absolutely nothing to help him," Vania said.

Vania said Ottawa's police department has requested a copy of the judgment because of its implication for school resource officers.

According to court documents, the principal told Vania it was just roughhousing. In a statement released on July 20, the public school board is highlighting its commitment to providing "safe and caring learning environments for all students."

"Across the district, our schools are engaged in a number of initiatives to prevent bullying and discrimination," the board statement reads. "We believe this work is making a difference."

The statement says the court decision shows the need for continued growth in the area of bullying and discrimination.

"As a learning organization, we will be reviewing this decision in detail to help identify opportunities to improve our practice and provide further professional development.

"Unfortunately, we cannot undo this experience, but we can learn from it to better support all students and families."

The Ottawa public school board's insurance provider, Ontario School Boards' Insurance Exchange, represented the board at small claims court.

> "Unfortunately, we cannot undo this experience, but we can learn from it."
> Excerpt from the school board's statement

Elevators 'in a crisis'

TECHNOLOGY

Conditions worsened by less and less maintenance

Every day of the year, Canadians across the country are finding themselves trapped in faulty elevators, while countless more are suffering through inconvenience and isolation because of elevators that are out of service — and the problem is worsening, an investigation has found.

Last year, for example, firefighters in Ontario responded to 4,461 calls to extricate people from elevators — more than a dozen a day — and double the number from 2001.

"I don't think we're heading toward a crisis, I believe we're already there," said Rob Isabelle, a mechanical engineer and elevator consultant to property managers and owners.

"If we look at the reliability of a large number of pieces of equipment, it's really the worst it's ever been."

Among cities, Toronto led the way last year with about 2,862 elevator-rescue calls to 911, but others also had their share of problems.

For example, Montreal firefighters responded to 1,532 such calls, Vancouver responders went to 428 calls, while Ottawa saw 314 in 2014.

Many calls involve rescuing more than one person. Others who find themselves stuck are freed without 911 involvement.

Insiders say the steep rise in problems is partly the result of more elevators — Ontario has seen a 10 per cent increase over the past five years. But the real culprits, they say, are aging equipment and structural issues within an industry dominated by four huge multinationals: Otis, Schindler, Kone and ThyssenKrupp.

When it comes to Canada's elevator market, those companies have been in a race to the bottom in their efforts to grab market share, Isabelle said.

Thirty years ago, he said, a technician would typically service about 35 to 45 elevators for about $1,000 per elevator a month. The maintenance contract included everything needed to keep the elevators humming — excluding extraordinary events such as flooding or vandalism.

Nowadays, he said, that same contract might be worth about $600 — with each technician responsible for 100 elevators.

"We're into almost this downward spiral," Isabelle says. "Service technicians are getting loaded up more and more, having less time to do preventive maintenance."

None of the four companies — whose European operations were fined more than $1 billion in 2007 for collusion — would comment on the crisis. Similarly, the Canadian Elevator Contractors Association, which speaks for smaller elevator companies and suppliers, refused to discuss the situation.

THE CANADIAN PRESS

Najim Sheikh Asaad, 12, is eager to take a local boating course after his uncle almost died fleeing Syria by boat. His neighbour Maria Alsahen, 9, is still deciding if she'll go, not convinced yet it's safe. KEVIN TUONG/FOR METRO

Syrian kids learning to love boats again

Alex Boyd
Metro | Edmonton

> I have some fear in my heart, but I want to get over it by learning.
> Najim Sheikh Asaad

"Whenever they say 'boats,' I have a pain in my stomach," says nine-year-old Maria Alsahen, through a translator.

For kids like her who watched their family, friends and neighbours flee Syria in rickety boats and inflatable rafts, water has become an option only for the desperate.

But now, an Edmonton coach wants to help give these kids back the water.

Alsahen's family arrived in Edmonton on a plane from Jordan after fleeing Syria. Today she still lists off the images she's watched on her mother's phone like it's happening in front of her: Waves, tiny babies, a man kissing his crying wife.

"Boats are not safe," she says.

Enter Zak Mahmoudi.

Mahmoudi is the head coach of the Greater Edmonton Racing Canoe and Kayak Club. On Saturday, the club will bus about 50 Syrian kids and their parents out to Kirk Lake for a day of instruction and, Mahmoudi hopes, fun.

"I want to break that trauma of being scared of the water or seeing water as a threat," he says, pointing out that for many, this will be the first time they've used a boat for recreation.

The club is providing equipment and coaches, and a lot of the club's athletes will be on hand to help.

"They're going to be there, paddling with them, showing them the strokes, making them very comfortable," Mahmoudi says.

Alsahen isn't sure yet if she'll go as she's not yet convinced help will come if something happens. But her neighbour, Najim Sheikh Asaad, 12, is determined to learn.

"If it happens that I am in a situation where people are in the middle of the sea or drowning I want to know how to save my life," he says.

Asaad tells the story of his uncle, who escaped Syria on one of two boats travelling together.

The other boat sank. His uncle's boat managed to save a couple of people, but couldn't get to everyone.

No one in his family knows how to swim, he says, and the only reason he's willing to go near the water now is he's heard this course will have a lot of trained people around.

"I have some fear in my heart," he says, "but I want to get over it by learning."

IN BRIEF

Premiers say potential trade deal needs work

The goal of interprovincial free trade remained just that Thursday afternoon as premiers struggled with unresolved issues.

"There are a small number of outstanding issues that are, by nature, very complex," said Quebec Premier Philippe Couillard in Whitehorse where the premiers are gathered.

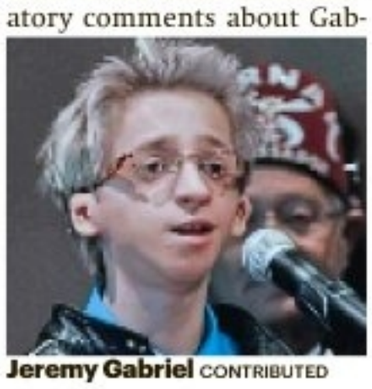
Couillard said a deal could go forward without consensus on the movement of wine and beer, but that wouldn't serve interests of producers or consumers. Alberta's Rachel Notley and Brad Wall of Saskatchewan met privately over Alberta's recent markup on beer, but deferred the issue to officials. THE CANADIAN PRESS

HUMAN RIGHTS

Appealing ruling 'a lack of understanding'

Jeremy Gabriel, a young Quebec artist, expressed disappointment Thursday that comic Mike Ward is appealing a human-rights ruling that requires Ward to pay $35,000 for mocking Gabriel's appearance and singing.

The Quebec Human Rights Tribunal ruled Wednesday that Mike Ward made discriminatory comments about Gabriel's handicap during shows between 2010 and 2013.



Jeremy Gabriel CONTRIBUTED

Gabriel, 19, has Treacher Collins syndrome, a congenital disorder characterized by craniofacial deformities. He is well-known in Quebec and sang for the pope in 2006. He has also performed for Celine Dion.

In a video of one of Ward's performances, he can be seen calling Gabriel ugly and wondering why he hasn't died five years after getting his wish to sing in front of the pope.

Gabriel said he is disappointed Ward intends to challenge it.

"It's a lack of understanding, on his part, of the reasons for the complaint, the reasoning of the human rights tribunal, and of the cause he claims to defend: freedom of expression," he said. THE CANADIAN PRESS

MÉGA MOMENT MATHÉMATIQUE

Une journée d'exploration en mathématiques et sciences célébrant 25 ans de réussite dans la communauté. Joignez-vous à nous pour une classe de maître, des exposants d'enrichissement, et activités d'étudiants. Ce projet d'exposition condensé d'information sur des activités d'enrichissement communautaires est préparé par Bright Math Camp inc., organisation à but non lucrative, et ENDROIT PARRAINE par : l'École de Sciences Informatiques et de Génie Electrique, Université d'Ottawa

DATE : Le dimanche le 24 juillet, 2016 • 9h30 -15h30
LOCATION : 800 ave. King Edward BILINGUE & ENTRÉE GRATUITE
INSCRIPTION : www.ncf.ca/~au680/index.htm • 613-286-4347

Matinée :
Survol-célébration de 25 ans d' enrichissement dans notre communauté
Présentation d'une leçon de mathématiques-maître pour tous par Colin Hayman, en anglais;
PIQUE-NIQUE-networking; apportez votre lunch.

Après-midi :
Stations d'Information pour adultes : Associations pour l'enfance en difficulté; Programmes de sensibilisation en enrichissement et de diffusions extérieurs (outreach) pour étudiants (niveau élémentaire et secondaire) présentés par les universités et autres institutions; livres en douance et enfance en difficulté; autres camps et organismes pour enrichissement; Réseau d'Ottawa pour l' Education; Info From Perimeter institute;
Stations d'Activités pour étudiants : Activités intéractives de science présentées par des universités; 3D de constructions- mathématiques; art-math exposants; echecs, GO. Tirage pour participants

DAY 4

Brisk business thrives

STEVEN GOETZ METRO'S REPORTER IN CLEVELAND

Vendors lining downtown Cleveland's streets as it hosts the Republican National Convention this week are doing brisk business selling the ubiquitous 'Make America Great Again' hats and 'Hillary for Prison 2016' T-shirts.

The more unique items for sale carry mostly crude and offensive messages — not "politically correct" in the language of Donald Trump and his supporters.

Two friends from New Jersey have bucked that trend with their Trump Flakes and Clinton Crunch cereal, a product they designed to appeal to everyone.

Darrin Maconi, a finance advisor, and Daniel Malafronte, a business student, put up their savings to manufacture a thousand boxes, hoping to profit off the marathon presidential campaign.

Many of the vendors here say they are true Trump supporters, not just opportunists making a quick buck, but Maconi and Malafonte aren't ready to reveal their own political affiliations.

"If you hang around until after our boxes are gone, we will give you an answer," Maconi said.

Darrin Maconi and Daniel Malafonte STEVEN GOETZ/FOR METRO

In midst of Trump's pledge to safety, many feel fearful

ANALYSIS

Trump is one mistake by Clinton away from presidency

It rocked with incompetence. It throbbed with hatred for Hillary Clinton. It caught fire and burned, burned, burned over this black hole of a candidate, Donald Trump.

And now, with the smouldering remains of the Republican National Convention done and dusted, only one thing remains.

It's time to be afraid.

No need yet for the full duck-and-cover. No need, either, to pore over every word of Trump's Thursday night finale in search of carved-in-stone tablature from Moses. He will say something else tomorrow. Or tonight. Or in 15 minutes.

But some degree of actual fear is appropriate now, given Trump's utter destruction of the Republican political sausage factory. The crucible of a national convention is meant to heal, unite, galvanize and thrust the candidate forth as standard-bearer for the party of Lincoln.

Instead, Donald Trump emerges as Donald Trump, with the party of Lincoln looking more like the party of clown car. And now he's in the home stretch to November, with the White House looking nearer than anyone imagined possible.

> I am, for the first time since I began covering American politics, genuinely afraid. Ezra Klein

Ezra Klein, writing Thursday as editor-in-chief of Vox, put it this way: "I am, for the first time since I began covering American politics, genuinely afraid." The issue is not ideology, but character, wrote Klein — "his temperament, his impulsiveness, his basic human decency."

"Trump has shown us who he really is. He is a person who should not be president. That he is being brought this close to the presidency — that he is one major mistake by Hillary Clinton away from winning it — should scare us all. It certainly scares me."

One fact the Cleveland experience made abundantly clear: Trump's impulsiveness will not be bottled and capped by anyone. Trump gonna Trump, no matter what. Often with the attention span of a common housefly.

NATO allies cannot count on unconditional backing from Donald Trump's America without a better financial deal. Nor should America be in the business of holding the world's worst leaders to account on how they treat their citizens, rump said, because "When the world looks at how bad the United States is, and then we go and talk about civil liberties, I don't think we're a very good messenger."

Trump's words rocked three cornerstones of U.S. foreign policy. When his campaign manager denied the report, insisting his words had been taken out of context, the Times released a full transcript. The context made it even worse.

The now well-established pattern: When Trump is under the control of a teleprompter, a strong semblance of Republican ideology emerges. When he veers off-script, the language veers back to the same aggrieved Fortress America rhetoric.

TORSTAR NEWS SERVICE

Delegates celebrate at the Republican National Convention on Thursday in Cleveland. GETTY IMAGES

A delegate holds up sign that reads "Make America One Again." on Thursday in Cleveland. GETTY IMAGES

IN BRIEF

This is Graham

As part of a campaign on road safety, the Transport Accident Commission of Australia introduced an eye-catching sculpture dubbed 'Graham', designed with a face and body that would help him survive a catastrophic car crash. IRENE KUAN/METRO

Graham CONTRIBUTED

EQUALITY

Black therapist says police shot him with hands raised

Therapist Charles Kinsey is shown lying in the street with an autistic man before being hit by a bullet from an assault rifle fired by a North Miami police officer. VIA TORSTAR NEWS SERVICE

A black therapist who was trying to calm an autistic man in the middle of the street says he was shot by police even though he had his hands in the air and repeatedly told them that no one was armed.

The moments before the shooting were recorded on cellphone video and show Charles Kinsey lying on the ground with his arms raised, talking to his patient and police throughout the standoff with officers, who appeared to have them surrounded.

"As long as I've got my hands up, they're not going to shoot me. This is what I'm thinking. They're not going to shoot me," he told WSVN-TV from his hospital bed, where he was recovering from a gunshot wound to his leg. "Wow, was I wrong."

The shooting comes amid weeks of violence involving police. Five officers were killed in Dallas two weeks ago and three law enforcement officers were gunned down Sunday in Baton Rouge, Louisiana.

Before those shootings, a black man, Alton Sterling, 37, was fatally shot during a scuffle with two white officers at a convenience store. In Minnesota, 32-year-old Philando Castile, who was also black, was shot to death during a traffic stop. Cellphone videos captured Sterling's killing and aftermath of Castile's shooting, prompting nationwide protests over the treatment of blacks by police.

At a news conference Thursday, North Miami Police Chief Gary Eugene said the investigation had been turned over to the Florida Department of Law Enforcement and the local state attorney.

He called it a "very sensitive matter" and promised a transparent investigation, but he refused to identify the officer or answer reporters' questions.

THE ASSOCIATED PRESS

Rideable suitcase makes catching a flight swifter

TRAVEL

Entrepreneur crowdfunding motorized smart luggage

The road warrior might have a new chariot.

A new Indiegogo campaign has launched for the Modobag, a motorized piece of smart luggage on which travellers can ride.

The slick video for the product shows travellers entering an airport, having a seat on the square bag, then zipping through the terminal — never having to run to catch a flight.

Created by Kevin O'Donnell, a Chicago-based entrepreneur and restaurateur, Modobag claims a top speed of 13 kilometres an hour and is designed to carry a person who weighs up to 260 lbs. as far as 13 kilometres.

But it won't be a cheap ride for the burgeoning new class of potential Samsonite riders (who might just cause baggage handlers to become obsolete).

The Modobag is a motorized piece of luggage designed to carry a person weighing up to 260 lbs. CONTRIBUTED

The Modobag will eventually have a price of $1,295 US. For now, the company is seeking $50,000 US in crowdfunding to go into full production — and has already reached half that goal.

The company plans on delivering the Modobag in January 2017.

O'Donnell said he feels that this could change how people travel. He was inspired by some kids who were riding a carry-on bag and he joked about motorizing it.

"It's been six years since the first idea popped into my head, and the last two years, it just became my sole focus," said O'Donnell, who launched a Kickstarter campaign for the Modobag last year that failed to meet its funding goal of $160,000.

He said the company and product is much further along now, and unlike hoverboards, those battery-powered scooters banned by most airlines because of their proclivity for catching on fire, the Modobag is Transportation Security Association (TSA), Federal Aviation Association (FAA), and International Air Transport Association (IATA) compliant.

"The big concern with TSA and FAA and IATA is the safety of the batteries," he said. "So the batteries that we're using are UN approved, UL (Underwriters Laboratories, a safety organization) approved and we also meet all the requirements for safety with the TSA and the FAA for air travel, as far as battery sizes and requirements for travel.

"So basically, the batteries that we're using are safer than most laptop batteries."

TORSTAR NEWS SERVICE

AIRPORT

Toronto terminal given a makeover

Toronto's Pearson airport Terminal 3 on Thursday unveiled its newly renovated 50,000-square-foot retail area.

The update is part of a $140-million redevelopment plan to bring Terminal 3 up to Terminal 1's standards by 2018.

Retail operations also account for an increasing share of airport revenues worldwide. Until five years ago, retail income represented less than 25 per cent of Pearson's non-aeronautical revenues, compared to as much as 50 per cent at airports such as Hong Kong and London Heathrow, said Scott Collier, vice-president customer and terminal services at Greater Toronto Airports Authority (GTAA). Now it's closer to 30 per cent at Pearson.

Dancers perform at the opening of a new retail space at Toronto's Pearson airport's Terminal 3 on Thursday.
TORSTAR NEWS SERVICE

The biggest improvement is an eye-shaped atrium over the passenger seating area, bringing in natural light, and addition of new retailers including Lole, a yoga and athletics-wear retailer; Beerhive, which sells local and international drafts and features an expansive menu; a Smoke's Burritorie; and a Smashburger, selling fresh Angus-beef burgers.

The area is located past security, because passengers now spend more time in that area, officials said.

When it opened in 1991, Terminal 3 was regarded as the dawn of civilized travel. But the Terminal 1 that opened in 2004 moved the benchmark, said Pat Neville, vice-president, airport planning and technical services at GTAA.

TORSTAR NEWS SERVICE

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metro VIEWS
Your essential daily news
SCIENCE SAYS Weekend, July 22-24, 2016

NEW BLUE
Chemists have patented the first new blue pigment in 200 years. It's called YInMn, after the metal oxides it contains.

DECODED by Genna Buck

THE END IS (*probably not*) NIGH

Something's going to finish off our species someday. And it will probably be before the sun swallows our planet in a few billion years. Here are four leading apocalyptic options, according to science, and the calendar dates we had really close calls.

GEOMAGNETIC STORM

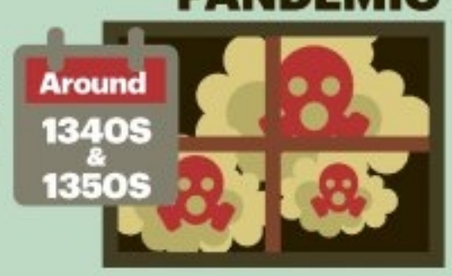
Closest call
A solar storm seared a transformer in New Jersey, knocking out power to six million people in Quebec.

What it is A large burst of radiation and plasma spiking out from the surface of the sun. It could take out electrical transformers and plunge entire continents into darkness for months — time for chaos to set in.

What we can do
Shut down transformers pre-emptively, or fortify the electric grid with series capacitors that can block a blast of solar wind.

PANDEMIC

Closest call A pandemic of bubonic plague, the Black Death, wiped out between a third and 60 per cent of Europe's population.



What we can do
Watch carefully for new diseases (that's the WHO's job), quickly isolate the sick, make a vaccine as quickly as possible and hope for the best.

What it is A global outbreak of a devastating disease, especially a highly contagious one — perhaps something airborne like the flu — that most of the population isn't immune to.

SPACE ROCK

Closest call A massive meteorite (or possibly comet) exploded over barely-populated Eastern Siberia, flattening 80 million trees over 2,000 square km.

What it is The impact of a comet or meteorite more than a kilometre wide could destroy land, unleash repeated earthquakes and tsunamis, and toss up debris that blocks the sun.

What we can do
Monitor the skies and, if an object seems headed our way, knock it off course with a spaceship, alter its path with a satellite, or smash it with nukes.

SUPERVOLCANO

Closest call Mount Toba, in Indonesia, spewed 2,800 cubic km of magma and plunged the Earth into an ice age. Perhaps fewer than 10,000 people survived worldwide.

What we can do
Find a way to grow food. Mushrooms thrive in a dark, cool environment, and they like to colonize dead trees.

What it is Around 20 ticking time bombs lurk on Earth: Supervolcanoes that could obliterate huge tracts of land and blanket the planet in ash, spurring all-day darkness and "volcanic winter," wiping out vegetation and crops.

GRAPHICS: ANDRÉS PLANA/METRO; RESEARCH SOURCES INCLUDE JULIA ROSEN/SCIENCE MAGAZINE

CITIZEN SCIENTIST by Genna Buck

How do I protect myself from pesticides?

Strawberries are on the Dirty Dozen list of produce with the most pesticides. Should I buy organic? — Irene, Toronto

I have good news for your wallet, Irene! Organic produce is no safer than the conventional kind.

The "Dirty Dozen" list is published by the official-sounding but unscientific Environmental Working Group (EWG).

It's based on a wilfully amateurish reading of the meticulous data U.S. regulators collect every year about pesticide residues on fruits and vegetables, both imported and domestic.

Not all crops are monitored every year, only a sample based in part on the items that have raised the most concerns.

So the idea that it's possible to make a comprehensive guide to the "dirtiest" and "cleanest" produce based on government data is null and void based on that fact alone.

But there's more. Pesticides include hundreds of very different chemicals that pose different kinds of risks. None are inherently bad: The dose makes the poison.

Here's how the FDA decides how much pesticide on strawberries is OK: They take the best available animal and human studies and estimate the maximum daily dose that, over your 70-year life, will not cause any ill effects. Then they divide that by a safety factor, usually 100.

Only a handful of crops come anywhere near that level. Typically about half have no detectable pesticide residues at all.

Your question hits one of the most difficult parts of science communication: It's incredibly hard to refute nonsense.

Studies have shown the EWG's bonkers methodology bears little relationship with reality. But without technical knowledge, it looks pretty sound.

The science on fruits and vegetables is settled. They're good for you, especially fresh ones. You need a variety. You need to wash them. And they fight cancer!

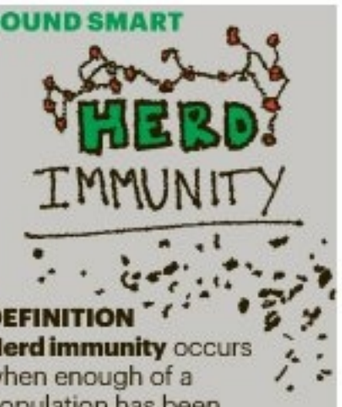
Science Question?
Tweet @genna_buck

FINDINGS
Your week in science

STRONG STUDY
McMaster University researchers are flipping long-standing fitness advice on its head. They found lifting lighter weights many times builds just as much muscle as fewer reps with heavier weights. What matters is that your muscles are exhausted.

BIRD BAROMETER
A study of pigeons' blood in NYC shows birds' lead levels are a good proxy for lead levels in children. Pigeons could be a good way to track exposure: They spend most of their lives within a few blocks and breathe the same air and eat the same food as people. And they don't cry when they're poked with a needle.

SOUND SMART



DEFINITION
Herd immunity occurs when enough of a population has been exposed to, or vaccinated against, a contagious disease that the spread slows down or stops.

USE IT IN A SENTENCE
Deborah's immune disorder means she can't be vaccinated against lizard pox. But she'll be OK, because all of us are immunized and **herd immunity** protects her.

PHILOSOPHER CAT
by Jason Logan

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Abrams keeps Enterprise afloat

IN FOCUS

Puts characters front and centre in Star Trek franchise

Richard Crouse
For Metro Canada

Audiences still care about the characters at the core of the Star Trek saga, including Capt. James T. Kirk. CONTRIBUTED

Seven years ago director J.J. Abrams, the brains behind hit TV shows like Lost and movies like Star Wars: The Force Awakens, thought there was still some uncharted life to be found in the Star Trek universe.

This weekend, the third film in his new generation of movies, Star Trek Beyond, puts phasers on stun. Directed by Fast & Furious director Justin Lin it continues Abrams' mission to seek out new cinematic life and civilizations.

After five television series, 10 movies, countless books, comics and video games, a stage version and even an Ice Capades style show, Abrams re-launched the big screen Trek franchise. Simply called Star Trek, he took audiences where no man (or director) had gone before, back to the very beginning of the story before James Tiberius Kirk bore an uncanny resemblance to T.J. Hooker.

In this prequel to the original series Kirk (Chris Pine) and Spock (Zachary Quinto) are assigned to the maiden voyage of the most advanced starship ever created, the U.S.S. Enterprise under Captain Christopher Pike (Bruce Greenwood).

Star Trek was one of the great popcorn movies of 2009. Notice I didn't say sci-fi movie. Star Trek is a lot of things but despite all the talk of warp speed, black holes and time travel, it can't be strictly classified as science fiction. It's a character-based space serial more concerned with the burgeoning relationship between Spock and Kirk than with photon thrusters.

Star Trek: Into Darkness (2013) is a sequel AND a prequel (something so illogical Spock would never approve) that gets underway when an act of terror robs Kirk of a close friend. Determined to bring the perpetrator to justice the reckless Starfleet captain takes the Enterprise and crew to a war zone populated by Klingons and one brilliant and ruthless genetically engineered adversary (Benedict Cumberbatch). To finish his mission he must make difficult decisions.

Abrams finds a balance of old (Kirk, Spock et al) and new (spacesuits are redesigned, tech is different and there are younger characters) to satisfy hard-core Trekkers and attract tenderfoot Trekkies.

Lin, taking over for Abrams, does his best to spice things up for the good captain. The director, famous for his Fast & Furious films, knows there is nothing like a wild alien attack to snap James T. out of his funk. Expect more hi-fly action than sci-fi intrigue.

Star Trek Beyond producer Abrams admits he "didn't love Kirk and Spock when I began this journey, but I love them now." It seems fans love his interpretation of the characters as well.

Trekkers have embraced the new movies but Abrams knows the Star Trek universe is so vast it's impossible to please everyone.

So he caters to the moviegoer "who just wants to be entertained, understand, and care about the world and the characters." As Spock might say, "Sounds logical to me."

MOVIE RATINGS by Richard Crouse

Star Trek Beyond	★★★
Ice Age: Collision Course	★★
Absolutely Fabulous: The Movie	★★
Lights Out	★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

For fans there are in-jokes like Kirk telling two expendable members of the landing team to "lose the red shirts."

At the beginning of Star Trek Beyond, Kirk's life on board the U.S.S. Enterprise has become a grind. He's three years into a five-year mission and trying to find meaning in his mission. "It can be hard to feel grounded when even gravity isn't real."

INTERVIEW

Jon Cho wavered on revelation that his character Sulu is gay

John Cho plays Sulu in Star Trek Beyond. The character was played by George Takei in the original Star Trek series. KIMBERLEY FRENCH/PARAMOUNT PICTURES/THE ASSOCIATED PRESS

Star Trek Beyond cast member John Cho says he had a few concerns about the film boldly going where none in the franchise has gone before — revealing that his character, Hikaru Sulu, is gay.

Cho learned about the revelation in pre-production from director Justin Lin, who told him it was cast member/co-writer Simon Pegg's idea.

While Cho felt they "were saying something beautiful and positive," he was concerned about the feelings of openly gay actor George Takei, who played Sulu in the original Star Trek series.

"My concern was actually that he would feel like we were violating his personal life or usurping his personal life, because his character is straight but he's gay," says Cho. "I was concerned that he might feel like we were lifting from his personal life."

In a recent Facebook posting, Takei said while he is "delighted that the Star Trek franchise has addressed this issue, which is truly one of diversity," he feels it was "less than necessary to tinker with an existing character."

Cho says he was also concerned about "how Asians would view" the decision and worried that the franchise "might be accidentally implying that sexual orientation was a choice."

"Because it's the same genetic person but in an alternate timeline, and (Sulu) has different sexual orientations in both, (I) thought that we might be saying the wrong thing about sexual orientation."

But in the end, Cho felt they executed the revelation correctly, with "a blink-and-you-miss-it kind of moment" in which Sulu embraces his same-sex partner, with whom he has a child.

"It doesn't feel like a bombshell at all, which is I think hopefully where we're going as a planet and as a species," he says.

"I think if we had made a thing out of it in the way it was filmed, that in 10 years we'd look back and it would feel anachronistic and out of time. Now, the movie can age well and hopefully 10 years from now, this sort of thing is common in film and in society." THE CANADIAN PRESS

4 REASONS TO CATCH UP WITH PATSY AND EDDY AGAIN

Those missing '90s Brit TV duo of Absolutely Fabulous stars Jennifer Saunders (Edina "Eddy" Monsoon) and Joanna Lumley (Patsy Stone) will be over the moon to have these two boozy, chain-smoking, label-obsessed broads back in their lives as they hit the big screen. Here's a sneak peak of what's in store for our two favourite sweetie darlings. TORSTART NEWS SERVICE

1 Droopy but fine diversion

The script for their big-screen debut (penned by series creator Saunders) hangs on a plot as flimsy as a supermodel's bikini. And the second half gets quite droopy. But these vain and fickle gals, enthusiastic early adopters of trainwreck comedy and masters of all manner of walks, stumbles and crawls of shame, make a for a fine summer diversion.

2 Lulu, Baby and booze

The only thing drying out or up around Eddy is her client list. She's barely hanging on to '60s belter Lulu (who shows her comic skills here), "Baby Spice" Emma Bunton and a nameless "prestige" vodka. Worse, nobody is interested in publishing her tell-all book from the PR trenches. With her credit cards so deep in the red they're throbbing, Eddy is shocked to find she has no more of the baffling stuff Patsy calls "hand money."

3 Kate Moss gets messy

A glam fashion industry party not only provides a chance for desperate Eddy to zero in on the suddenly publicist-free model Kate Moss, it also gives us the real story on how Jon Hamm lost his virginity. Curious? Cherchez Patsy, darling. Moss ends in the Thames (pushed, slipped, who knows?) and Eddy gets the blame, sending the duo scurrying off to Cannes to hide out and try to score a sugar daddy in Patsy's "old hunting-ground."

4 Credibility and cameos

How far will Patsy go to fund their escapade? Put it like this: Lumley looks credibly, creepily sexy as a dude. Stuffed with cameos and returning original series cast, bizarre fashions and 1950s-vintage TV slapstick, along with a surprisingly tender moment of self refection from Eddy, Absolutely Fabulous isn't great art but it is high camp, darling.

Fans' petition ensures we will all get another look, this time a little longer

TV MOVIE

LGBTQ series returns with a feature-length final instalment

When the critically praised HBO series Looking was cancelled last year after just two seasons, it was a crushing blow to the LGBTQ community.

After all, it was the first high-profile show to focus on gay men since Showtime's Queer As Folk ended in 2005.

Fans started online petitions to bring the show back, and they'll soon get their wish. Sort of.

On Saturday, Looking: The Movie will air on HBO Canada, providing some closure to fans of the series.

"I think the interesting thing was to see these characters in the forefront," says Frankie Alvarez, who plays Agustin Lanuez, about the appeal of Looking.

"Traditionally in the past, LGBT characters have been supporting characters and they've been dealing with being victimized and marginalization.

"And what's really beautiful about this series is they're out and they are who they are and their gayness is just one aspect of their lives.

"They're dealing with relationships, with their friendships, and career fluctuations, ups and downs, and I think that was quietly revolutionary."

Jonathan Groff, left to right, Murray Bartlett, Frankie J. Alvarez are shown in HBO's Looking: The Movie. THE CANADIAN PRESS/HANDOUT

The film is set about nine months after the Season 2 finale and finds Jonathan Groff's lead character, video-game designer Patrick, returning to San Francisco for the wedding of Agustin and Eddie (Daniel Franzese).

While there, he reunites with the whole crew, which also includes Murray Bartlett as Patrick's friend Dom Basaluzzo, who works in the restaurant industry.

The cast members say they learned the show would be wrapped up in the form of a movie at the same time they heard the series was being cancelled after low ratings.

"It's sad, obviously," says Bartlett. "We all loved the show and we could have gone on for years, as far as we're concerned.

> **We all loved the show and we could have gone on for years.**
> Murray Bartlett

"But it is a lovely way to wrap up a show, actually, particularly a half-hour show. Because in the movie you get to live with these characters in a longer arc, like an hour and a half or whatever the film is, so you get to really be with them and develop stories in a longer format, which is really fantastic."

Series director/executive producer Andrew Haigh also helmed the movie and co-wrote with creator Michael Lannan.

"What's nice about the closure of the film is that there is a kind of resolution but it's still open-ended," says Alvarez. "So that if we were ever to be blessed with another opportunity in the coming years, that we could still touch on these guys' lives."

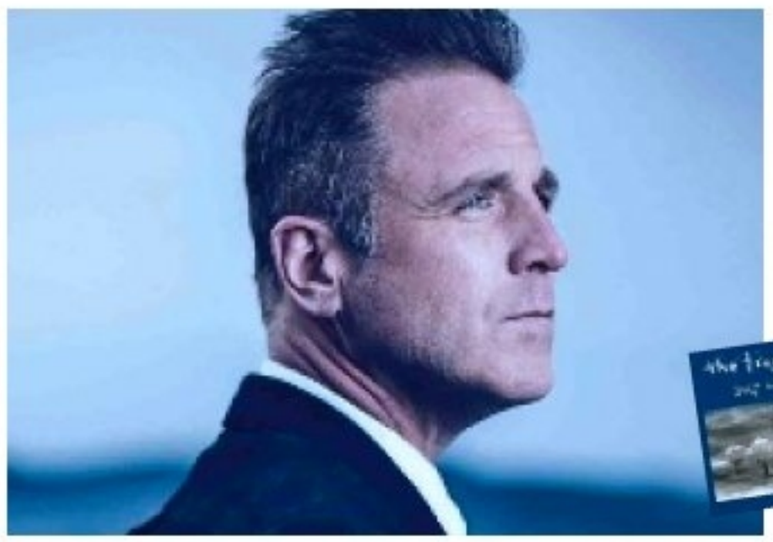
That is, if the fans want it.

"It's nice that the fans have a say and a power," he adds. "If enough people speak up and voice what they want, these networks are listening and hopefully we can be on the positive end of that request."

THE CANADIAN PRESS

DREAM SET MUSICIANS' HIP PICKS

With the Tragically Hip's much-anticipated Man Machine Poem tour kicking off Friday in Victoria, B.C., many longtime Hip aficionados are imagining a dream set list constructed from the band's vast catalogue of classic Canadian songs. Before the band steps on stage, some musicians offered their picks for songs they'd most like to hear and why they resonate. THE CANADIAN PRESS



Sean McCann, former Great Big Sea guitarist: Scared

"The song for me is a dissertation on the nature of fear itself and where it ultimately comes from — within. I have lived through much and while this song doesn't let anyone off the hook, I always take comfort in its frank analytical approach. We have nothing to fear but our selves and the sooner we face that truth, the quicker we will all be able to move forward into real freedom."

K-os: Ahead by a Century

"That's my song. The whole video, that guitar. That everything. I remember sitting on the floor watching it when it came on MuchMusic like, 'This is the best thing ever.' (Downie) was the first person I listened to where I was like, 'This dude has something to say.' That's always why I've wanted to be a part of pop culture — to say something."

Raine Maida of Our Lady Peace: Grace, Too

"In 2004, I travelled to Darfur with War Child (an organization that works with children in war zones). We were provided housing in a United Nations shack. It was three of us and two UN personnel who were stationed there to decide whether the unspeakable sadness in Darfur was in fact genocide or not. Not long after I returned from Sudan I came across an article on Grace, Too. The journalist wrote that Gord described the song as being about the UN and the complexities surrounding this controversial entity. This blew my mind and I immediately began re-evaluating the song, trying to decipher the lyrics and apply my personal experience - I'd witnessed the UN ego and power first hand.

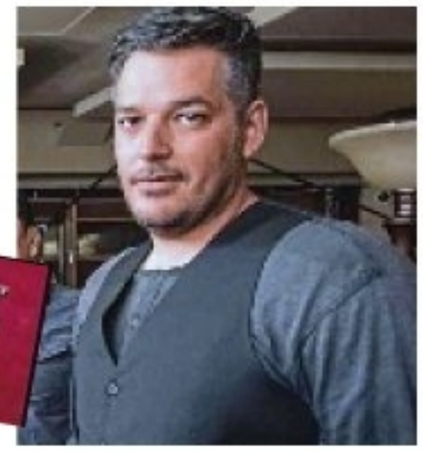
"His lyric about 'When the appearance of conflict meets the appearance of force' was now the perfect metaphor for the incredible circumstance and authority that came together there. I've not always been forthright with journalists as far as the true meaning behind songs I've written and I wouldn't be surprised if Gord was trying to throw the journalist off his lyrical scent. Regardless, 'Grace Too,' has a strength and weight that feels beyond this world."

Ron Sexsmith: Ahead by a Century

"As a fan of melody, I've always loved Ahead By A Century. I don't claim to know exactly what it's about but it reminds me of childhood and of things being predestined in a similar way that the song Comfortably Numb by Pink Floyd does. Endlessly thought provoking."

Adrian Sutherland of Midnight Shine: Fiddler's Green

"It seems to me he's singing about a mother and her son longing for something — a husband and father. In some strange way, I could relate to what he's singing about. (I used) to cover the tune many moons ago."



MUSIC BRIEF

Fans get one last crack at Hip tickets with lottery

Fans of the Tragically Hip still hoping to see the band on their upcoming tour could score tickets through a newly announced lottery.

For each date on the Man Machine Poem tour, there will be an opportunity to buy tickets on the day of the show. Fifty winners will be selected from each show's lottery, and those people will each be able to purchase two tickets.

The cutoff for lottery entry is 11 a.m. local time on the day of the show, and winners will be notified by email by 1 p.m. that day.

THE CANADIAN PRESS

CORRECTION

The byline on the Wednesday, July 20, story on women in the craft brewing industry was inadvertently omitted. The article was written by Jennifer Foden.

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Prague bans Segway scooters in historic centre

Read this, Mr. Customs Officer

AMERICA

History, great eats — why *wouldn't* you visit Philly?

Loren Christie
For Metro Canada

When I told the American customs officer we were headed to Philadelphia, he was skeptical. "Why?" he asked incredulously. Unfortunately I had no rebuttal at the time, but after 48 hours discovering this historic city I would come up with plenty of ammunition.

The eclectic neighbourhoods

Philly, we discovered after two solid days of walking, feels like 10 cities in one.

There are areas dedicated to cultural interests; my highlights were the Parkway Museums District, including the juggernaut Philadelphia Museum of Art, and the historic old city, which is home to the some of the most important moments in U.S. history such as the creation and signing of the Declaration of Independence.

There are also neighbourhoods that are lower key, such as the residential area of Society Hill, with its beautifully kept brick town homes and grittier feeling South Street.

Walking around City Hall, which looks like a grand Louis XIV French palace, we gawked at the incredible architecture.

The Spruce Street Harbor Park was the perfect place to grab a beer and people watch. For the last three years forward thinking city officials have created a pop up park for the summer months. Partly constructed out of floating barges moored along the Delaware River, visitors can grab higher end grab-and-go food from cargo containers, play arcade games or chill out in the hammock garden or on a net suspended over the river.

Philadelphia, which hosts the Democratic National Convention from July 25-28, is rich in American history — and delicious food. LOREN CHRISTIE

The Food

Upon arrival, we headed to the bar at the funky Hotel Palomar where we struck up a conversation with a self-professed foodie named Matt.

He recommended booking a table at nearby Vernick.

It was hands down the best meal I have had in recent memory; tuna with foie gras and rhubarb, a romaine and fig salad that was out of this world and wood-fired organic Amish chicken.

Over the course of the weekend, we realized this was not a one off.

We enjoyed stylish Italian comfort food the following night at Little Nonna's in the "gayborhood" and fantastic Philly cheesesteak lunches in the Reading Terminal Market, a vibrant food market in the heart of the city.

A lot of places bill themselves as foodie destinations, Philadelphia actually is one.

I like to be surprised and Philly was an unexpected delight. Easy and friendly, it felt like the best of Washington, Boston and Chicago combined. Mr. Customs Officer, next time I'll have my answers ready.

Fantastic **FALL** Getaways[1] Book by July 31

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Top golf? Atlantic Canada, of course

Admiral's Green at Pippy Park Golf Course in Newfoundland offers great views of downtown St. John's. GOLF NEWFOUNDLAND LABRADOR

EAST COAST

Closely linked provinces perfect for packing it all in

Brian Kendall
For Metro Canada

For golfers, one of the top attractions of Canada's conveniently compact Atlantic region is how much ground — and how many outstanding courses — they can cover during even a short trip.

On a recent week-long tour, I played six courses in Newfoundland, Nova Scotia and New Brunswick, and never once felt stressed about making my next tee time.

First stop was St. John's, a vibrant and famously friendly city of 211,000 that still displays outward signs of prosperity despite the untimely bust of Newfoundland's offshore oil boom. Raymonds on Water Street was named Canada's best new restaurant of 2011, and slickly modern 84-room JAG Hotel on George Street West opened to rave reviews in 2014.

A must-play for golfers is the Osprey course at Clovelly. Architect Graham Cooke carved this beauty through a typical Avalon Peninsula landscape of wetlands and a forest of Black Spruce and Balsam Fir.

Another essential stop is lushly treed and challenging Glendenning Golf, named the province's course of the year in 2011 and 2014. And my final tee off before catching a quick flight to Halifax was at the popular Admiral's Green course at Pippy Park, a fun and rolling design that offered stunning farewell views of downtown St. John's.

“ The hot new golf draw in Halifax is the Links at Brunello, a Tom McBroom design unveiled last year.

The hot new golf draw in Halifax is the Links at Brunello, a Tom McBroom design unveiled last year about a 15-minute drive west of The Citadel, Pier 21 and the other downtown attractions. McBroom's layout led me on a thrill ride through granite outcroppings, wetlands and thick stands of pine trees.

Nova Scotia is also home to Digby Pines, one of my favourite resort courses. Designed in the 1930s by legendary Canadian golf architect Stanley Thompson, the course is the showpiece of Digby Pines Golf Resort and Spa, a Norman chateau-style grand hotel 230 kilometres west of Halifax on the Bay of Fundy.

Thompson's classically designed layout includes several of his most unforgettable holes. The whimsical charm of the short par-four 11th, featuring a bunker shaped like a question mark, is impossible to resist. Clearly, Thompson was asking, "Can you drive the green?"

A car ferry from Digby to Saint John, New Brunswick, followed by a 102-kilometre drive west, brought me to St. Andrews-by-the-Sea, my final stop before a return to Halifax for my flight home.

Renowned as one of Canada's prettiest and most sophisticated resort towns, St. Andrews-by-the-Sea boasts hundreds of lovingly preserved historic buildings dating from as far back as the 1770s, several noteworthy restaurants, and an eclectic collection of craft shops.

But the town's defining landmark is the Algonquin Resort. Built in the Tudor Revival-style in 1914 and relaunched in 2014 following a lavish makeover, the red-roofed grand hotel has hosted luminaries from Franklin Delano Roosevelt to Diana, Princess of Wales.

The resort's already strong Algonquin Golf Course will receive a redesign by top architect Rod Whitman at the end of this season. Almost certain to remain untouched is the signature downhill par-three 12th hole, with its breathtaking views across Passamaquoddy Bay to the state of Maine.

It's a postcard setting perhaps unsurpassed on Canada's Atlantic coast.

For more golf travel stories, visit Brian's website at canadiangolftraveller.com

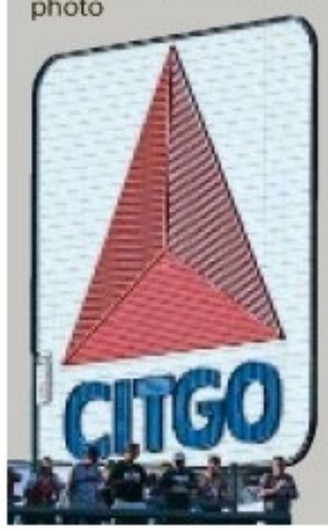
TRAVEL NOTES BIG-UPS TO FOGO & ICONIC SIGNAGE

Gwyneth Paltrow describes Fogo Island as 'heaven' on Instagram

Gwyneth Paltrow is sharing details about a visit to Newfoundland and Labrador with her social media followers. The actor, who runs the lifestyles website Goop, has posted a photo from Fogo Island, N.L., on her Instagram account. She captioned the photo with the hashtag "heaven." The photo depicts a narrow wooden boardwalk leading to a Fogo Island Arts studio on Shoal Bay.

THE ASSOCIATED PRESS

Gwenyth's rave review of Fogo.
@GWENYTHPALTROW/INSTAGRAM



Some fear Citgo sign may soon go dark

The Citgo sign that lights up the Boston skyline is seen by baseball fans every time a home run sails over Fenway Park. Now there's fear it may soon be gone. The building on which the sign sits is part of a parcel of Boston U buildings for sale. "For us, the sign makes us think of the Red Sox, but for people outside the city, it means Boston," said Greg Galer of the Boston Preservation Alliance. which is circulating an petition to have the sign declared a landmark, which would offer some protections from change.

THE ASSOCIATED PRESS

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All including Bus Transportation and Hotel Accommodation

Run with wolves in Golden

BRITISH COLUMBIA

Area a perfect mix of activity and nature

Don't plan on spending much time sitting around doing nothing in Golden this summer. On land, on water and in the air, there's just too much to do to justify being lazy. Just a pit stop? Golden begs to differ.

Bond with a bear

Ride the chairlift up Kicking Horse Mountain to visit Boo, a 14-year-old orphaned grizzly who has a 20-hectare refuge there all to himself. Try to be there at feeding time to see him devour heads of lettuce and other produce (grizzlies prefer a diet that's about 80 per cent vegetarian). Or you might see him splashing in one of the streams or ponds that dot the refuge.

One of the resident wolves at the Northern Lights Wolf Centre in Golden, B.C. All the wolves at the centre have been rescued and hand-raised from the time they were pups. GOLDEN B.C. TOURISM

Skydive or paddle

Book a tandem skydive with Skydive Extreme Yeti.

Your experienced guide will do all the work — all you have to do is muster up the nerve to jump. Or try a white-water rafting trip on the aptly named Kicking Horse River with Glacier Raft Company.

You can pick a trip based on your experience and comfort level, ranging from relatively tame Class II rapids to jaw-clenching Class IV rapids.

Climb

Take a high-elevation hike at Kicking Horse Mountain Resort on its "via ferrata" (Italian words meaning "iron path"), a hiking and climbing route that opened in 2015. It offers routes for both novice and experienced climbers that include steps, ladders, suspension bridges and steel cables in steep areas that climbers can clip onto for safety. It's open to climbers 12 and up.

Commune with wolves

At the Northern Lights Wolf Centre, about 18 kilometres north of downtown Golden, you can visit the resident wolves Shelley and Casey Black hand-raised from pups after the small zoos or breeding facilities where they were born had to find them new homes.

You can also join some of the wolves — all of which are accustomed to being around people — on a guided photography walk in the wilderness.

Find water

Columbia Wetlands Adventures, 26 kilometres south of Golden, offers lots of options for getting out on the water.

Rent a canoe, kayak, stand-up paddleboard or pedal boat and head out on the calm surface of the Columbia River. Or take a twour of the wetlands on an inflatable boat with a guide who will point out nesting birds and wildlife while you sit back and soak in the scenery.

TORSTAR NEWS SERVICE

The writer was hosted by Tourism Golden, which didn't review or approve this story.

IF YOU GO ...

Handy websites:

- kickinghorseresort.com
- skydiveextremeyeti.com
- glacierraft.com
- northernlightswildlife.com
- wetlandsadventures.com

ALL PHOTOS BRENDAN VAN SON

Europe's most underrated cities

While famous European cities such as Paris, London and Rome swell with tourists year-round, there are still plenty of under-visited destinations on the continent.

And while many first-time visitors may stick to the usual subjects in Europe, savvy travellers know there are plenty of worthy places to see off the tourist trail. Here are five of those cities.

TORSTAR NEWS SERVICE

1. **Kotor, Montenegro** — If there's any destination on this list poised to jump from underrated to extremely popular, it's the town of Kotor. This Montenegrin gem is situated within the southernmost fjord in Europe.

2. **Gdansk, Poland** — Almost completely destroyed by bombings during World War II, Gdansk has since been restored to its former beauty. Cute canals, narrow townhouses, and lively squares make this city a feast for the eyes.

3. **Meteora, Greece** — To add to the drama of this incredible pillared landscape, many of the geological features are topped by ancient monasteries.

4. **Belfast, Northern Ireland** — Belfast is a wonderful city, though it still suffers from a bad reputation. However, those who spend time in Belfast quickly fall for the history, counterculture, incredible murals, and its people.

5. **Tallinn, Estonia** — One of the most incredible things about Tallinn is looking down from its high ancient walls. You can see the rings of history — a medieval centre, drab socialist buildings surrounding it, and the modern city that encapsulates it all.

"This will scare a lot of people ... the sport is serious, we want a clean sport": Usain Bolt on the Russian track-and-field ban

Team Canada springs for a golden flag-bearer

OLYMPICS

MacLennan picked to lead countrymen at opening fete

Heading into her third Olympic Games, trampoline gymnast Rosie MacLennan is a defending gold medallist who has seen everything her high-flying, dangerous sport can throw at her.

But the 27-year-old has never had a week like this past one.

She got a call last Wednesday from Curt Harnett, Canada's chef de mission at this year's Games in Rio. The three-time Olympic medallist gave her the news that she would be Canada's flag-bearer for the Games' opening ceremony, making her the first gymnast to receive that honour.

WINNING
On top of being an Olympic gold medallist, MacLennan was also a world champion and two-time Pan-Am Games gold medallist.

Then she had to sit on that news for a week.

"It is a hard secret to keep because obviously it's something I'm incredibly proud about," MacLennan said in a conference call from Ottawa on Thursday, after Prime Minister Justin Trudeau had introduced her at Parliament Hill as the flag-bearer.

"My boyfriend was there when I got the news so he found out and he was able to be (in Ottawa) too. Wednesday night I kind of mentioned to my family that they should maybe watch the announcement," she said, laughing.

MacLennan, who is from King City, Ont., will lead 314 Canadian athletes into the opening ceremony in Rio on Aug. 5.

"Rosie is awesome. She epitomizes what it means to be a leader in the sporting world and has shown how sheer grit and determination can make you a champion," Harnett said in a press release. "I look forward to marching into the opening ceremony with Rosie leading the pack."

MacLennan is the first gymnast to be flag-bearer at the opening ceremony but, as she has in her career, she follows fellow trampoline gymnast Karen Cockburn in carrying the flag. Cockburn was the flag-bearer in the closing ceremony for Canada in Beijing in 2008.

"I'm really incredibly proud to be representing gymnastics in trampoline. It's a sport that I'm truly passionate about," MacLennan said. "I've been doing it for 20 years now and I think it's a great privilege to be the first person to carry it into the opening ceremonies, but also to be following in Karen's footsteps."

Rosie MacLennan drapes herself with the Canadian flag on Parliament Hill Thursday.
ADRIAN WYLD/THE CANADIAN PRESS

MacLennan was front and centre in a brief ceremony Thursday morning. Flanked by Canadian Olympic Committee officials and Trudeau, MacLennan looked as though she took a breath to keep her cool as the PM introduced her.

"It was incredible," she said. "It was great that he took the time out of his obviously busy schedule to attend the announcement and it was an honour for him to introduce me.

"I think he's been a great supporter of sport and I know he'll be cheering the team on. It was a huge privilege to be there." TORSTAR NEWS SERVICE

> **She epitomizes what it means to be a leader in the sporting world and has shown how sheer grit and determination can make you a champion.** Chef de mission Curt Harnett

DOPING SCANDAL

Russians lose appeal for track team ban

Now that Russian track and field athletes have failed in their effort to have their Olympic ban overturned, it's up to the IOC to decide whether to kick the entire Russian team out of the Games that begin in Rio de Janeiro in 15 days.

In another blow to the image of the sports superpower, the highest court in sports on Thursday dismissed an appeal by 68 Russian track athletes of the ban imposed by the IAAF following allegations of systematic and state-sponsored doping.

Sports officials in Moscow condemned the ruling as "political," and said some athletes might take their case to civil courts.

Two-time Olympic pole vault champion Yelena Isinbayeva said the Rio Games will be devalued, with only "pseudo-gold medals" available.

In its ruling, the Court of Arbitration for Sport found that track and field's world governing body, the IAAF, had properly applied its own rules in keeping the Russians out of the Games that begin Aug. 5.

The three-man panel ruled that the Russian Olympic Committee "is not entitled to nominate Russian track and field athletes to compete at the Rio 2016 Olympic Games considering that they are not eligible to participate under the IAAF competition rules." THE ASSOCIATED PRESS

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Redblacks don't expect easy ride

CFL

Winless Riders have hung with some of the big boys in 2016

The Ottawa Redblacks boast an undefeated record despite numerous injuries, and they continue to improve and impress every week.

In stark contrast, the struggling Saskatchewan Roughriders haven't picked up a win and suffered another blow last week when starting quarterback Darian Durant injured his ankle.

Despite what appears to be a mismatch on paper, the Redblacks (3-0-1) head into Regina on Friday aware that any team coached by Chris Jones is sure to rise to the pressure.

"This is not a case about one team being better than the other, they just haven't found a way to win a game yet," said Redblacks head coach Rick Campbell. "Our guys aren't going to fall for that one, especially in Regina with the crowd and how a tough a place it is to get a win."

Chris Williams celebrates a touchdown against the Stampeders with Redblacks teammate Ernest Jackson on July 8 at TD Place. JUSTIN TANG/THE CANADIAN PRESS

Ottawa quarterback Trevor Harris said the Riders have been in games with some of the CFL's top teams.

"We both took Edmonton to overtime so that shows how close the teams are," said Harris. "It's a battle every single week and they have some great players and we know that if you don't bring it every single week you're going to lose."

Harris, who took over for the injured Henry Burris in the season opener, has been instrumental to the Redblacks' success. He leads all QBs with 1,475 passing yards and nine touchdowns and has thrown just one interception.

Harris, signed by Ottawa in the off-season, has found instant chemistry with receivers Chris Williams and Greg Ellingson.

Williams leads the CFL in receptions (31), receiving yards (556) and touchdowns (6), while Ellingson is tied for second in receptions (25) and is second in receiving yards (439) and has one touchdown.

"Every receiver wants the ball, but we have an unselfish group and we also know that when it's your time and your opportunity you have to make the plays," said Ellingson. "You're not going to get the ball and get the yards every game, but if they want to put two over Chris and leave somebody else open or try to put two over on my side or anything like that we have other guys who can make plays and we're not scared to throw it to those guys."

> **He ain't got no jitters. He ain't nervous**
>
> Chris Jones on Mitchell Gale who will start for the Riders on Friday night.

Those other guys include Brad Sinopoli and Ernest Jackson who have also made significant contributions with 22 and 19 receptions respectively.

"It's like you have four weapons instead of one or two and any time you have four you can pick up one at any time and one of them is going to be open," said Harris. "The thing with our guys is they each have such different strengths and they play differently to different defences so it makes it difficult on defences. I wouldn't want to be a D-co-ordinator trying to play against this group of guys."

Without the injury-prone Durant, the Roughriders (0-3) backup Mitchell Gale will make his first career start. Gale is in his fifth CFL season but has played sparingly as a depth quarterback in Toronto and Hamilton. He looked solid coming in for Durant in Saskatchewan's loss to B.C .last week, completing 17-of-30 pass attempts for 247 yards and a touchdown. THE CANADIAN PRESS

LGBTQ LAW

NBA takes stand on HB2, moves all-star out of Charlotte

The NBA is moving the 2017 all-star game out of Charlotte because of its objections to a North Carolina law that limits anti-discrimination protections for lesbian, gay and transgender people.

The league had been in opposition to the law known as HB2 since it was enacted in March, and its decision Thursday came shortly after stage legislators revisited the law and chose to leave it largely unchanged.

"While we recognize that the NBA cannot choose the law in every city, state, and country in which we do business, we do not believe we can successfully host our All-Star festivities in Charlotte in the climate created by HB2," the NBA said in a statement.

The NBA said it hoped to announce a new location for the event shortly. It hopes to reschedule the 2019 game in Charlotte.

"We understand the NBA's decision and the challenges around holding the NBA All-Star Game in Charlotte this season. There was an exhaustive effort from all parties to keep the event in Charlotte, and we are disappointed we were unable to do so," Hornets chairman Michael Jordan said. "With that said, we are pleased that the NBA opened the door for Charlotte to host All-Star weekend again." THE ASSOCIATED PRESS

Michael Jordan GETTY IMAGES

CANADIAN OPEN

D.J. out in front at Glen Abbey

Dustin Johnson and Luke List may be co-leaders, but it's the weather that's dominating play at the RBC Canadian Open.

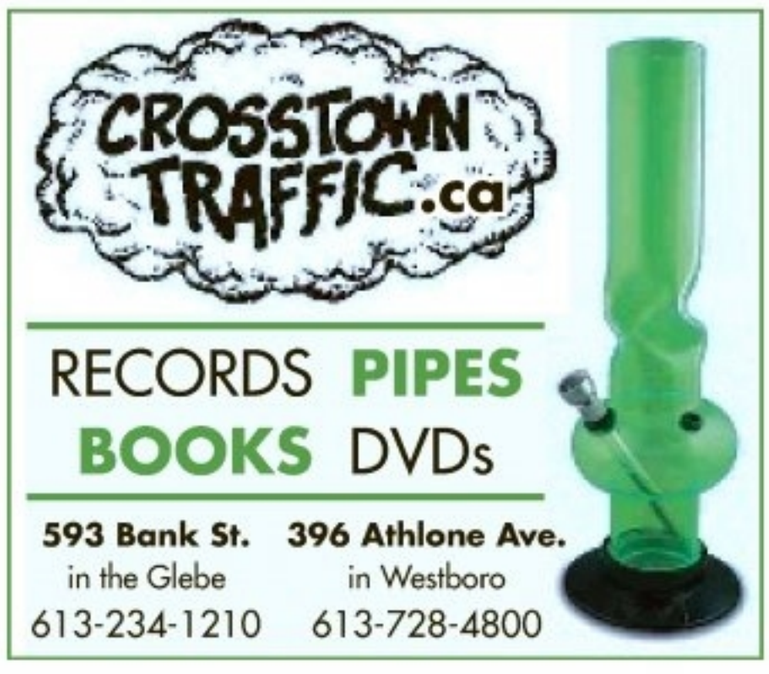
Johnson made an eagle putt on the par-5 18th hole at Glen Abbey Golf Club to tie clubhouse leader List at 6-under 66 on Thursday to loud applause. Johnson seemed out of contention for the first-round lead after a double bogey on 14, but then recovered with a birdie on 16 to set up the climactic shot.

Most players struggled with the fast greens and fairways, making it tricky to play off the browned rough and not roll through the harder grass as a drought continues to dry out southern Ontario. High winds had flags ripping wildly and played havoc with high shots, making it difficult to play an accurate long game.

"It's firm and fast," said world No. 2 Johnson moments after stepping off the course. "It's definitely tough to get the ball close to the hole. You've really got to land the ball on your numbers.

"With it being as windy as it was today, it was tough to do that." THE CANADIAN PRESS

Dustin Johnson GETTY IMAGES



IN BRIEF

Leader Froome wins 18th

Chris Froome won a mountain time trial to extend his overall lead at the Tour de France in the 18th stage on Thursday.

Taking his second stage win of this year's Tour, Froome finished 21 seconds ahead of Dutch rider Tom Dumoulin over the 17-kilometre route from Sallanches to the Megeve ski resort. THE ASSOCIATED PRESS

Chris Froome GETTY IMAGES

Gotze rejoins Dortmund

Borussia Dortmund is bringing back forward Mario Gotze from Bayern Munich.

Gotze left Dortmund for Bayern in 2013 but was mostly a bench player under Pep Guardiola. New coach Carlo Ancelotti reportedly did not try to keep Gotze who scored the winning goal for Germany in the 2014 World Cup final. THE ASSOCIATED PRESS

Mario Gotze GETTY IMAGES

RECIPE Spiced Flank Steak with Chimichurri

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Take an inexpensive cut like flank steak to the next level with this easy yet super flavourful and fresh sauce.

Ready in
Prep Time: 15 minutes
Total Time: 30 minutes
Serves: 4

Ingredients
- 1 beef flank steak (900 kg)
- 1/2 tsp salt
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp pepper
- For the Chimichurri
- 1/2 cup packed fresh basil
- 1/2 cup packed fresh flat-leaf parsley
- 1/2 cup packed fresh cilantro
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, roughly chopped
- 2 tsp lime juice
- 1 tablespoon white wine vinegar
- 1 tsp anchoive paste
- 1/2 tsp salt
- 1/8 tsp pepper

Directions

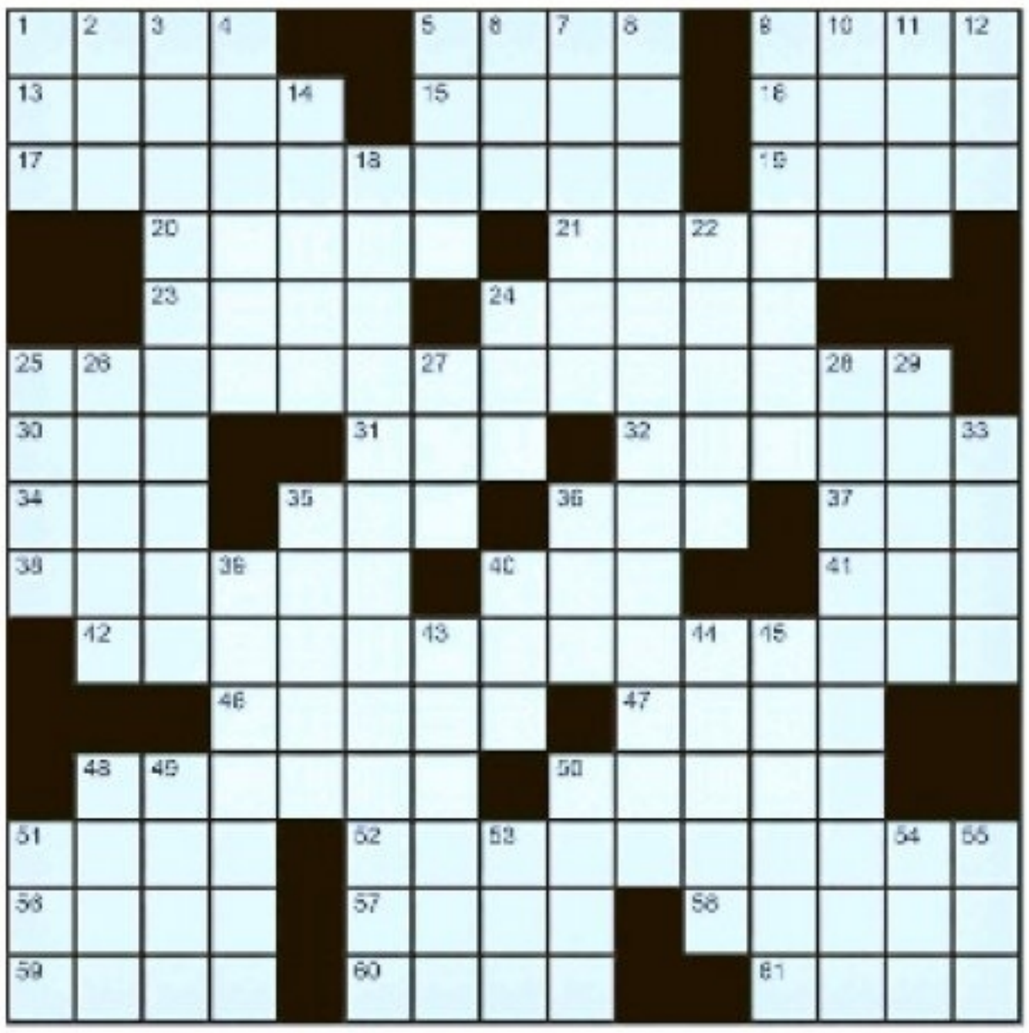
1. Place the basil, parsley, cilantro, oil, garlic, lime, vinegar, anchoive paste, salt and pepper in a blender. Process until smooth. Pour into a serving bowl. Preheat the broiler and coat a pan with cooking spray.

2. Combine the salt, coriander, cumin, oregano and pepper. Sprinkle the mixture over both sides of the steak. Place steak on the prepared pan and broil in oven for 4 minutes per side. Transfer steak to a cutting board and allow to rest 5 minutes. Cut against the grain into 1/4-inch wide strips. Serve with chimichurri spooned over top with fresh greens and sliced cherry tomatoes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Night personified, in Norse myth
5. Biblical land
9. Skipping _
13. "See _ _ Saturday!" ...exclaimed the up-coming-weekend-get-together attendee
15. A _ _ (Record company division)
16. Face shape
17. "U-571" (2000) rocker/actor: 3 wds.
19. Repair
20. "O Canada! Terre _ _ aieux..."
21. Mystery writer awards
23. Jackie Wilson's "_ Petite"
24. Inert gas
25. Principal photography for this new sci-fi movie took place in Vancouver and Squamish: 3 wds.
30. Y-ending word's plural suffix
31. Britannica, e.g.
32. Rollick
34. Ben-Hur author Mr. Wallace
35. '60s hallucinogen
36. Not is
37. Presidential hubby of Nancy ...his monogram
38. How journalists might get info: 3 wds.
40. Track circuit
41. Even if, briefly
42. "Rocket Robin Hood", e.g.: 3 wds.
46. Mr. Brolin's
47. Oohs and _
48. Dessert creation
50. _ Clarke (1889 Sir Arthur Conan Doyle novel)
51. Volcanic rock
52. Twisted Sister hit: 3 wds.
56. Farm team
57. "Hina _ _ (Celebration)" by Susan Aglukark
58. _ Linda, California
59. Ms. Lollobrigida
60. Hold
61. Loch _ Monster

DOWN
1. Big Apple football team [acronym]
2. Greeting card 'hugs'
3. Waterfowl that summers in the Canadian Arctic (Trivia! When flying, its wings make a whistling sound): 2 wds.
4. July 22nd to July 24th, 2016... 'Golden' drink/culinary/music event in Canada's largest city, _ _ _ Festival
5. Mil. ranks
6. Artist Yoko
7. Part of speech
8. Canadian actor Harpreet Sandhu's role in #25-Across: 2 wds.
9. House of _ (Anastasia's family)
10. Throughout
11. Cook's needs
12. Past time
14. Three trios
18. Private property warning: 2 wds.
22. Many paintings at Madrid art museum El Prado
24. US dog org.
25. Barn's pal
26. "Lovergirl" by _ Marie
27. Finish
28. Vancouver's range, _ _ Mountains
29. Long-running Brit sci-fi TV series, shortened up here: 2 wds.
33. Old-fashioned 'think'
35. Chauffeured rides
36. Bundle
39. City in Mexico
40. Guitarist Mr. Paul
43. World event, for instance, of 1940s history: 2 wds.
44. Hip-style holiday
45. Kelly Osbourne's mum
48. Singer, _ Priest
49. Stove
50. In-a-row letters
51. Journal
53. Sushi tuna
54. "60 Minutes" network
55. '_' _ in Kingston

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The next four weeks are the perfect time for a vacation. It's also your time to enjoy flirtations, romance, love affairs, playful times with children and the arts. Enjoy!

Taurus April 21 - May 21
Home, family and your private life will be your main focus for the next four weeks. Many of you will want to redecorate and make your home look more attractive.

Gemini May 22 - June 21
You are naturally curious, and you like a busy pace. This is why you will love the next four weeks — you've got places to go, things to do and people to see!

Cancer June 22 - July 23
Money, cash flow, earnings, possessions and major purchases are top menu items for you in the next four weeks. Trust your moneymaking ideas. Expect to shop for goodies for yourself and loved ones.

Leo July 24 - Aug. 23
The next four weeks are your chance to recharge your batteries for the rest of the year. You will attract people and favorable situations to you. Yay!

Virgo Aug. 24 - Sept. 23
Use the next four weeks to make plans for what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines.

Libra Sept. 24 - Oct. 23
You have a popular month ahead! Accept all invitations and enjoy the company of others, because you will shine in their eyes.

Scorpio Oct. 24 - Nov. 22
People will admire you in the next four weeks, especially bosses, parents and VIPs. Take advantage of this to push your agenda and ask for what you want.

Sagittarius Nov. 23 - Dec. 21
If you can travel or get out of town in the next four weeks, you will love it. You need to do something different to expand your horizons.

Capricorn Dec. 22 - Jan. 20
Tie up loose details in the next month regarding inheritances, shared property and debt. (Whatever you do probably will end up being to your advantage.)

Aquarius Jan. 21 - Feb. 19
You will need more rest in the next four weeks, because you will feel tired. Meanwhile, friendships and partnerships will be your strong focus.

Pisces
Feb. 20 - March 20
Do whatever you can in the next four weeks to get better organized. Suddenly you have a desire to be efficient, effective and productive! "Tickety-boo!"

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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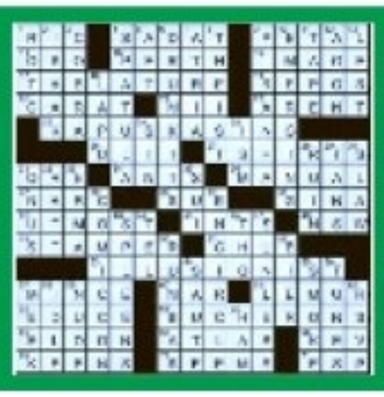

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